

Lingam Massage Awakening Male Sexual Energy

Tantra - Somananda Moses Maimon 2014-01-10

"Tantra: Sex for the Soul" humbly aims to go where no book of Tantra has gone before. For those who know nothing about Tantra, this book is bound to profoundly change your life. For those who have started down the path, it will deepen and enhance your knowledge. This perfect system - conceived with so much insight and wisdom thousands of years ago - is presented in a practical, step-by-step approach that guides newcomers as well as more experienced practitioners to reach a coherent understanding of sexual Tantra. "Tantra: Sex for the Soul" reveals all the tips and secrets to realize accurate practice, the remarkably multiorgasmic horizons that await, and Tantra's exceptional potential for health, healing, and higher consciousness. While in today's environment of neo-Tantra, the spiritual aspects of this system have become lost and superseded by the spectacular sexual results of tantric practice, "Tantra: Sex for the Soul" does not waver from its commitment to a sacred approach that honors the revelations of the authentic Indian and Tibetan tantric traditions. This book - supplemented with many personal testimonials - guides the reader through the ins and outs of all aspects of Tantra: fundamental principles, energy and its control, sexology, men's and women's issues, individual training and techniques, relationships, lifestyle, tantric massage, and much more. Genuine in his commitment to share this lineage with modern seekers, Somananda Moses Maimon provides readers with one of the most comprehensive books available on this subject. You are hereby invited to explore the mysteries of Tantra - an invitation to discover the soul-touching depths of your own being and the beautiful heights of ecstasy accessible to everyone.

Bondassage - Jaeleen Bennis 2013-09

"The next evolution in erotic massage, this book will teach you how to take your need for sensation to a whole new level!"-Jaiya, creator of Red Hot Touch video series and co-author of Red Hot Touch: A Head-to-Toe Handbook for Mind-Blowing Orgasms "Bondassage is the absolute best massage book in the whole world! Gifted pleasure artists and world-class sex educators, Jaeleen Bennis and Eve Minax, generously share the secrets and skills they've gathered from decades of hands-on experience. Follow their simple, clear, concise instructions and you are guaranteed to manifest full body bliss and profoundly deep satisfaction-sexually and beyond."-Annie Sprinkle, Ph.D., author of Spectacular Sex-Make Over Your Love Life Learn how to give your lover a sensual, euphoric--and slightly kinky--massage that will open the door to new realms of pleasure, intimacy and connection for you both. Whether you're looking to learn simple things to do with your hands (pinch, caress, spank!), or are ready to explore light bondage and the delights of submission (including an introduction to basic sex toys and how to use them), this book will show you how to get kinky while deepening that loving connection to your partner. Bondassage is a massage practice created by Jaeleen Bennis, who trains and licenses professional masseuses and bodyworkers in this exceptional set of techniques. Now you can learn the secrets of Bondassage to use in the privacy of your own home. Bondassage is perfect for couples looking to heat things up as well as singles looking to improve their sexual confidence.

Sexual Secrets - Nik Douglas 1989

"Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental

experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accessible for the first time the sexual mysteries of the East.

Mastering the Art of Vaginal Massage - Leonard McGill 2014-03-06

mastering the art of vaginal massage

Soul Sex - Al Link 2003-02-12

This is not only a book about Tantric practices, but also about how you can use them to create a life-long, loving relationship. Because Pala and Al's emphasis is on Tantra in relationships, both beginners and skilled Tantric practitioners will find value here. Through the authors' mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy, you and your partner will learn to connect in ways that are respectful, nourishing, and lusty. Pala and Al offer their relationship as a model for a successful, long-term relationship in which to be happy, fulfilled, and spiritually awakened. *Soul Sex* includes thought-provoking discussions, personal anecdotes, and precise but simple techniques to inspire you to apply to your daily life. The observations and exercises included are drawn from the authors' own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops.

[Karsai Nei Tsang](#) - Mantak Chia 2011-07-08

An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing

energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

Yoni Massage - Michaela Riedl 2009-03-02

A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in *Yoni Massage* are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and

visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

Sex Mudras - Serge Villecroix 2013-05-06

Sacred gestures of the hands and body to energize the sexual organs, increase libido, enhance pleasure, and improve overall health • Includes exercises for men and women to tone the genitals, improve endurance, and reach orgasm without ejaculation • Details shared exercises for couples to harmonize male and female energies • Explains how these exercises can treat sexual problems caused by tobacco, psychotropic drugs, and alcohol Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body for physical enhancement and spiritual enrichment. These sacred gestures of the hands and body create a tangible link between body and mind, conscious and unconscious, and can be used to strengthen and invigorate specific organs or bodily systems. Exploring the mudras of sexual vitality, Serge Villecroix illustrates energy movement exercises for men and women to tone the genitals, increase libido, improve endurance, and enhance pleasure. He reveals mudras for men to reach orgasm without ejaculation and details shared exercises for couples to harmonize male and female energies. He explains how these exercises can treat sexual dysfunction, such as impotence, as well as overcome sexual problems caused by tobacco, psychotropic drugs, alcohol, and other substances. Providing a complete guide to the sex mudras, Villecroix shows how strengthening your sexual energies also improves cardiac and respiratory health and overall vitality.

The Art of Sensual Massage - First Last 2015-02-25

DVD version of Inkeles' bestselling massage classic. All techniques are fully explained, with step-by-step instructions allowing readers to start massaging in a single evening. Includes sample massage programmes

and advice on accessories, location and setting.

Jewel in the Lotus - Sunyata Saraswati 2002

Secrets are revealed in this complete and systematic course in the science of Tantric Kriya yoga that shows readers how to be more aware of the inner working of the body and mind. (World Religions)

Lingam Massage - Michaela Riedl 2010-03-09

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Emotional Detox Through Bodywork - Mal Weeraratne 2016-04-15

In 'Emotional Detox - A Woman's Guide to Healing and Awakening', leading Tantra Healer, Mal Weeraratne, shares a fresh approach and insights on how to unblock orgasmic potential and achieve emotional liberation. Harnessing sexual energy rejuvenates and improves physiological, emotional, psychological and spiritual health. This book

teaches women how to take control of the sexual energy within their bodies to remove trauma stored in the form of emotions using ancient knowledge and practices that are combined with new ground-breaking insights to create an engineered trauma-release technique called Tantric - Tao Bodywork for Emotional Detox. Tantric - Tao Bodywork is a British pioneer technique intended to eliminate traumatic experiences at a cellular level in the body to start living a positive life. -- a biological cleanse and detox to experience joy and bliss. Having explored Tantra and Tao for 20+ years, Mal reveals how all women are capable of experiencing emotional freedom and ecstatic bliss. He provides readers with a unique understanding of how the female body may be activated to deepen ecstatic states. Prevailing negative attitudes in the West work against the natural capacity of a woman to realize her full sexual potential and ability to feel unlimited bliss and achieve deep orgasmic states. Among other alarming survey results, it is estimated as per Cosmopolitan's Female Orgasm Survey, only 57% of women in the UK experience an orgasm when they have sex with a partner whereas 43% has never experienced an orgasm. This book is packed with practical advice and tips on how to harness sexual orgasmic energy. Readers will learn how emotional trauma can block pleasure and cause disease; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; the secrets and history of female ejaculation; techniques for awakening and yoni massage and so much more.

The Heart of Tantric Sex - Diana Richardson 2010-05-11

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Tantra - Charles Muir 1989

Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing

Sexual Reflexology - Mantak Chia 2003-05-22

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

The Sexual Life of Our Time in Its Relations to Modern Civilization - Iwan Bloch 2022-07-21

"The Sexual Life of Our Time in Its Relations to Modern Civilization" is an absolute compilation of knowledge on the science of sex by Iwan Bloch. The aim of the author is for the book to be of great usefulness in the profession of law and medicine because they require knowledge of the science of sex and the various causes for the existence of "abnormals," to guide them in their future investigations into, and practice of attempts to mitigate, the evil that exists, and to bring about more healthy humans.

Semen Retention Miracle - Joseph Peterson 2020-11-17

Unleash the power inside your own body to transform your life Semen Retention is a centuries-old practice that allows you to harness your body's vital energy and redirect it to any area of your life. From achieving the perfect body to outstanding results in business and creative endeavours, semen retention can turbocharge your success.

Now modern science is backing up this ancient practice and showing how it can: Increase productivity & motivation Pack on muscle mass Boost focus & self-confidence Attract people to you Increase your energy levels Strengthen your immune system Sharpen your memory Semen Retention Miracle is the definitive book on how to utilise this power to achieve your goals. You will discover: The science behind semen retention What the ancient texts say about it How to implement it into your life Essential tips for staying the course And much much more Take charge of your life today by learning how to use the unstoppable force that dwells within you.

The Verne Code - Jesus Cediél 2017-07-09

It happened more than 450,000 years ago. Beings from outer space came to planet Earth in search of resources: fuel for a distant planet. It all began in Sumer, in ancient Mesopotamia. You may think this is an outlandish story by someone who has not slept for some days, but everything you will read is well documented in the most ancient writings known to mankind: the Enuma Elish, Atrahasis, the Epic of Gilgamesh, and many more. These writings, made in cuneiform on clay, have served as a source of inspiration for books of such importance as Genesis and Exodus in the Bible... although over time, the true knowledge has been mutated or mutilated for ideological or religious reasons. Over many years of research, Cediél has been able to verify that the facts are clear and undeniable...it just happens that they are so difficult to believe that science prefers not to accept them, because they do not conform to the historical paradigm. Finally, after years of research, and motivated by a shamanic experience, he has decided to committed his ideas to print: The Verne Code is the result. The Verne Code speaks of penicillin before Fleming, air travel before the first modern plane, of ancient maps of great precision charting places only discovered in the 20th century, of the human genome before Craig Venter, of cloning before Dolly the sheep, of nuclear explosions before Hiroshima and Nagasaki, about the quest for immortality before Geron Corporation; a treasure trove of ancient secrets waiting to be discovered. In The Verne Code, Cediél shows evidence of the extraterrestrial origin of humankind, and argues

that the writings of the most ancient civilizations are reliable sources of evidence to allow us to draw objective conclusions. The Verne Code is an exciting journey from the knowledge that existed in the most remote antiquity, to the frontiers of current scientific knowledge. The result is an anthropogenesis, a cosmogenesis, a theory of aging and a breakthrough theory on Atlantis. Cediél also explains the importance of the Sun and anticipates the intellectual and spiritual paradigm that will rule in the next astrological age of Aquarius-Leo. Cediél denounces the state of hypnotic sleep in which mankind finds itself. He affirms the need for humanity to wake up from its dreams so you can be truly free, and master of your destiny. The author claims that we today are witness to a huge manipulation of history, just at the time in history when there is apparently the greatest freedom for the individual. Everything you know is wrong. "People must believe that they are free and not manipulated in order to be able to handle them efficiently." This is the motto of those whose objective is to reduce the vibration of the human race. Only those who realize this will be in a position to stop being manipulated, as only those who realize that they are asleep can wake up. A psycho-neural code has been implanted in our brains so that we believe we are free; we believe we belong to the tribe, the philosophical system, or the movement that will allow us to be free once and for all...but the reality is very different: the intelligence that is fed and powered by the dream of humans has infiltrated the forums and places where humans go to stop being manipulated...evil...yes...but true.....WELCOME TO THE UNIVERSE MATRIX."

The Tao of Sexual Massage - Stephen Russell 2008-06-30

Make the most of your lovemaking with this bestselling guide to erotic massage. Massage is a simple way for couples to awaken their desire and bring more intimacy and passion to their love life. The Tao of Sexual Massage shows how to master the techniques that will make your touch both tender and titillating.

Easy to Learn Sexual Massage - Deborah Glass 2014-09-23

Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are

two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn

techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.

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